

**What is claimed is:**

1. A mattress comprising:

an internal support structure;

an external cladding that surrounds and covers at least a portion of the support structure; and

a mattress vibrating device coupled to a part of the support structure, the vibrating device having a motor that operates to vibrate the part of the support structure when turned on and that gradually slows at a controlled rate to a complete stop over a period of time when turned off.

10 stop over a period of time when turned off.

2. A mattress according to claim 1, wherein the motor can be selectively operated at one of at least two different vibration levels.

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3. A mattress according to claim 1, wherein the motor gradually slows to a stop at the controlled rate over the predetermined period of time from each of the at least two different vibration levels when the vibrating device is turned off.

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4. A mattress according to claim 1, wherein the period of time over which the motor gradually slows to the complete stop is at least about 10 seconds

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6. A mattress according to claim 1, wherein the controlled rate at which the motor gradually slows is a stepped down deceleration rate.

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7. A method of stopping a vibrating mattress having a vibrating device with a motor, the method comprising the steps of:

operating the device to vibrate the mattress when the vibrating device is turned on; and

“All the time I was in the States I was thinking about the book I wanted to write when I got back to England.”

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adapting a part of the vibrating device such that vibration of the vibrating device gradually slows to a stop at a controlled rate over a predetermined period of time when the vibrating device is turned off.

8. A method according to claim 7, wherein the period of time over which the vibrating device gradually slows to the complete stop is at least about 10 seconds.

9. A method according to claim 7, wherein the motor can be selectively operated at one of at least two different vibration levels, and wherein the vibrating device gradually slows to a stop at the controlled rate over the predetermined period of time from each of the at least two different vibration levels when the vibrating device is turned off.

10 15 10. A vibrating mattress comprising:  
a support structure;  
a mattress cladding that surrounds and covers at least a portion of the support structure; and  
a vibrating device including a plurality of components, the vibrating device mounted internal to part of the mattress with a vibrating part of the vibrating device coupled with an element of the support structure for vibrating the mattress, the vibrating device being protected by a water resistant shell that encompasses components of the vibrating device.

20 25 11. A mattress according to claim 10, further comprising:  
a pocket mounted within the mattress, the pocket having an opening that exposes a pocket interior to a mattress exterior, the pocket interior being adapted to receive the vibrating device therein through the opening.

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12. A mattress according to claim 10, wherein the water resistant shell further comprises:

a motor housing substantially encompassing the plurality of components.

13. A mattress according to claim 12, wherein the water resistant shell further comprises:

a sleeve substantially encompassing the motor housing.

10 14. A mattress according to claim 10, wherein the plurality of components includes at least a motor, a vibrating element selectively driven by the motor, and a battery providing power to operate the motor.

15 15. A mattress according to claim 10, wherein the vibrating part of the vibrating device contacts a transmission plate that is in contact with the support structure.

20 16. A mattress according to claim 15, wherein the vibrating part of the vibrating device further includes a vibration inducing motor and a motor housing that surrounds the motor and is coupled with the transmission plate.

17. A mattress according to claim 16, further comprising:  
a sleeve substantially surrounding and contacting the motor housing of the vibrating device and in contact with the transmission plate.

25 18. A mattress comprising:  
a support structure;  
a mattress cladding that surrounds and covers at least a portion of the support structure; and  
a self contained vibrating device mounted internal to part of the mattress with a part of the vibrating device removably coupled with part of the support

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structure for vibrating the mattress, the vibrating device being removable from the mattress without dismantling any portion of the mattress.

19 18. A mattress according to claim 17, further comprising:  
a pocket mounted within the mattress, wherein the self contained vibrating device is slidably received in the pocket and a portion of the vibrating device couples with the support structure.

10 19. A mattress according to claim 17, further comprising:  
a sleeve having a sleeve interior, the sleeve being mounted within a portion of the mattress and the self contained vibrating device being slidably received within the sleeve interior.

15 20. A mattress according to claim 19, further comprising:  
a pocket mounted within the mattress, wherein the sleeve and the self contained vibrating device are slidably received within the pocket.

20 21. A mattress according to claim 19, further comprising:  
a transmission plate in contact with the support structure and with the sleeve.

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